Articles.		Probable quantities required for the year.
Salt (common) ...	lbs.	750
Do table ...	„	15
Soda water splits ...	bts.	6,000
Sojee ...	lbs.	2,000
Sugar, white, 1st sort ...	„	4,000
Tamarind ...	„	350
Tea ...	„	25
Turmeric ...	„	10
Whisky ...	bts.	12
Vegetables ...	lbs.	5,000
B. HOSPITAL NECESSARIES.		
Brooms, common ...	No.	500
Do cocoanut ...	„	300
Charcoal ...	lbs.	1,000
Chatties ...	No.	120
Chimneys, large ...	„	5
Do medium ...	„	5
Do small ...	„	5
Chunam ...	lbs.	800
Do brushes ...	No.	12
Coir cocoanut ...	lbs.	500
Cotton for dressings ...	„	2,000
Goglets ...	No.	40
Kerosine oil ...	galls.	3,300
Ladles (cocoanut) ...	No.	100
Lamp-wick, kerosine, broad ...	yds.	15
Do do narrow.	„	15
Lamp oil ...	lbs.	50
Match-boxes ...	No.	600
Mullays ...	„	500
Mats, common ...	„	40
Night chatties, broad ...	„	100
Sieves, bamboo ...	„	10
Tar ...	lbs.	100
Tin pots ...	No.	150
Water pots, large ...	„	12
Do medium ...	„	12
Do small ...	„	...
C. CONTINGENT ARTICLES.		
Baskets, large ...	No.	100
Buckets, zinc ...	„	25
Books for prescription ...	No.	120
Bottles, empty ...	„	200
Cloth, bandage double breadth.	pieces	600
Do, dressing ...	yds.	700
Do dungry ...	„	50
Flannel for bandages ...	„	70
Funnel, tin ...	No.	10
Needles ...	„	200
Safety pins ...	„	2,000
Soap, bar ...	lbs.	240
Do carbolic ...	„	125
Do country ...	„	480
Do Europe ...	cakes	800
Do monkey brand	„	300
Soap-nut ...	lbs.	300
Straw ...	bundles	400
Thread sewing cards ...	No.	200
D. COUNTRY MEDICINES.		
Alum ...	lbs.	25
Ammonia Chloride ...	„	100
Bael fruit ...	No.	100
Bees-wax ...	lb.	5
Borax ...	„	5
Camphor ...	„	15
Chiretta ...	„	35
Corks ...	No.	250
Fennal fruit ...	lb.	5
Ferri sulphur ...	„	10
Ginger, dry ...	„	10
Gum, Arabic ...	„	25
Linseed meal (powder) ...	„	5,000
Liquorice root ...	„	5
Oil, cocoanut ...	bots.	200
Oil, gingelly ...	„	50
Potass nitras ...	lbs.	50
Senna leaves ...	„	25
Sulphur, country ...	„	15
Sulphate of copper ...	„	1
Vinegar ...	bots.	5
Mustard, Europe ...	„	25

J. SMYTH, M.D., *Lt.-Col., I.M.S.*,
Surgeon in charge.

Note on the nature of Malaria, how it is spread, how we may protect ourselves from it and how we must treat the disease.

1. *The Nature of Malaria.*—Not many years ago many believed that malaria was contracted by drinking bad water. It was thought to be something in the water, by swallowing which one caught the "Cold and Fever." Others again thought that one got malaria from breathing bad air in swampy places, the belief being that it was something in the air, the inhaling of which caused "Cold and Fever." But now it is known that it is nothing which we drink, nor anything which we inhale that causes "Cold and Fever". The cause of it is a very small animal which has to get into the blood, but not by swallowing nor by inhaling.

Where this very small animal came from in the first place it is difficult to say, but what is more important to know is that it lives in the blood of people who have "Cold and Fever," and in many of the people who have not active cold and fever but the big spleen which has resulted from many attacks of this disease.

2. *How the disease is spread.*—The disease is spread from one person to another by means of certain mosquitoes which live in malarious places. These mosquitoes while taking their regular meal of blood from a person who has the malaria animal in his blood, suck up also many of these animals. The mosquitoes with these animals in their stomachs then go to get a meal of blood from a healthy person, and in doing so they inject the malaria animal into the healthy man who soon developes cold and fever, while myriads of malaria animals are rapidly produced in his blood, and he becomes a source from which mosquitoes may draw infection wherewith to infect other healthy men.

This is the way malaria is spread.

3. *How to protect oneself from Malaria.*—It is clear from the above that if there were no mosquitoes there would be no malaria, and if we could prevent ourselves from being bitten by mosquitoes we should never contract malaria. The lesson is that we must try and get rid of the mosquitoes as far as possible, and if this is not entirely practicable we must keep out of the mosquitoe's way as much as possible. Now in order to maintain the existence of mosquitoes we must allow them a certain amount of stagnant water to breed in. For practical purposes it may be stated that mosquitoes cannot propagate their species without stagnant water. The secret of the extinction of mosquitoes is therefore to see that no stagnant water lies near our houses, that is, not within 500 yards of our houses. All stagnant pools must be drained, and those that cannot be drained ought to have fish grown in them if they are large, or kerosine oil poured on their surface weekly if they are small. A favorite place for malaria mosquitoes to grow is the hoof track of a bullock which may contain a quart or two of water. It is not every kind of mosquito that can spread malaria. The common mosquito that lives in dirty water in the back-yards does not spread malaria. The malaria mosquito likes clean water. Nevertheless it is well to destroy all sorts of mosquitoes, for the other kinds, if they do not spread malaria may spread other disease quite as bad. They all propagate their species in water, so the same procedure that destroys the malaria mosquito destroys the others also. So one must not keep chatties of water standing unemptied for days nor collection of dirty water undrained near the house. If we do we shall certainly be infested by mosquitoes. It is not enough that one house-holder observe these rules, every one in the village must do so. If any single villager neglects these rules he renders void the efforts of all the others, for the mosquitoes he breeds by his carelessness easily find their way into the other houses. Villagers should, therefore punish any one of their members who by carelessness endanger their lives or interfere with their comfort in this way. So much for the actual destruction of the mosquito.

The next point to observe is to keep out of the mosquitoe's way as much as possible. As they only bite at night we should not expose ourselves where they exist at night. Workers should be in out of the fields before sun set. Then, if there are mosquitoes in the house itself, various methods are recommended for keeping them at a distance. The best is to sleep under a mosquito net, but only the wealthy can afford this. Filling the room with strong smoke is useful for an hour or so before lying down to rest. But unless the house is absolutely shut up the mosquitoes will come in very soon, and though the sleeper may be unconcious of it he will be bitten and perhaps inoculated with malaria. Smearing the body with certain oils is also of some use.

4. The best medicine to take for this disease is quinine which can be had very cheaply in the Post Offices, etc. For a person above 15 years, ten grains every 8 hours is the proper dose, to be continued for 24 hours after the fever ceases. Between 5 and 15 years, 2½ grains for 5 years and an extra ½ grain for each additional year. An infant 3 months old can take one grain every 8 hours—a year old can take 2 grains, and then ½ grain for each year above this till the 5th year. The medicine often causes noises in the ears but this soon passes off. A purge should always be taken before beginning quinine unless diarrhœa already exist.

J. SMYTH, M. D., *Lt.-Col.*, I. M. S.,
Offg. Sr. Surgn. & Sany. Comr., M. G.

Notification dated 22nd November 1904.

Notice is hereby given that sealed tenders will be received up to Saturday the 10th December 1904 by the Senior Surgeon and Sanitary Commissioner, Mysore Government, for the supply by contract of Country Medicines, Stationery articles, &c., required for the Medical Stores, Mysore Government, from 1st January to 31st December 1905, both days inclusive.

For particulars *vide* detailed Notification published in the *Mysore Gazette*, dated 24th November 1904.

By Order,
T. S. NANJAPPA,
Personal Asst. to Senior Surgeon & Sany. Comr. with the Government of Mysore.

Notice is hereby given that sealed tenders will be received up to 20th December 1904, by the Senior Surgeon and Sanitary Commissioner, Mysore Government, for the supply by contract, of all articles of diet, &c., required for the use of the inmates of the Lunatic and Leper Asylums, the Maternity and the Government Eye Infirmary, Bangalore, from 1st January 1905 to 31st December 1905, both days inclusive.

For particulars see *Mysore Gazette*, dated 1st December 1904.

V. ABBOY NAIDU, *Asst. Surgeon*,
for *Senior Surgeon & Sany. Comr. in Charge of Lunatic Asylum.*